

Worksite Wellness Success Stories

DEQ - Weight Watchers AT WORK Program

Oct 2007

Amy Robinson, worksite coordinator for the *Weight Watchers AT WORK* program, said, "We have about 40 employees enrolled in the program. One of our members shared the following:

"I started Weight Watchers on January 16, 2007. According to my doctor's wishes, I had 105 pounds to lose. As of October 9, 2007, I have accomplished a 50+ pound weight loss. I have seen all of my physical numbers drop significantly as well as clothing sizes.

Of particular interest to me was the triglyceride's count (normal = less than 150 mg/dL): previously it was 325 and currently is 44. Also, my blood pressure dropped to the point that the medication I was taking has been reduced to 1/4 of the dose.

Weight Watchers is a great program and I recommend it to anyone who has the desire to lose weight (without dieting), as it is a lifestyle program."

Submitted by the DEQ - Weight Watchers
At Work Program Coordinator

For more on the [AT WORK Program](#), visit www.weightwatchers.com/about/cpp/index.aspx or call 1-800-8-AT-WORK (1-800-828-9675).

[State Sponsored Health Insurance Weight Management Programs](#)
www.michigan.gov/mdcs/0,1607,7-147-22854_24290_25460-73436--,00.html

